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Trevor Eman and Team Aruba make waves in Topeka



BE INTERESTING. PENTAX

TOPEKA, Kansas -- Aruba Pro Stock Driver Trevor Eman and Team Aruba have been turning heads at the track this season and now they are in Topeka to keep their momentum going. All the action started last Thursday night as Eman and his crew set up the brightly painted ARUBA.COM Escort with other ADRL racers



in center court at West Ridge Mall. "The Car Show allowed us to actually hang out with our fans, and that was really neat" Eman says. "When we are racing and in the pits, we are working, so we get to talk to our fans but we don't get the chance to engage in long conversation".

Eman was coming off a hot weekend in Martin, Michigan at U.S. 131 Motorsports Park, where he and his crew made some drastic moves and won their first round of eliminations. This past weekend, at the Hardees Independence Drags held at Heartland Park, Eman once again came up strong in qualifying improving each round, running a 4.25 in Round One, followed by a 4.22 and wrapped up the day with a 4.189. His last pass was not strong enough climb the ladder but Team Aruba had a solid grasp on the number seven slot.

The weather had been ideal last Friday; with peak times holding some high track temperatures. However,



the rains moved in on Saturday afternoon and by early evening put a damper on the remainder of the race and the event was postponed. Eman, Team Aruba and ADRL have dealt with lots of rain this season and after such a promising start, frustration with Mother Nature has a tendency to settle in.

"Sometimes you feel like something just clicks, and right now things are really clicking for us. The car feels great and I feel really good behind the wheel. I am almost certain that good things are in store for us. It's a shame we couldn't see how things panned out this past weekend." Eman stated.

weekend," Eman stated.
No doubt, Team Aruba is catching the attention of many teams and Trevor is hungry for a win. The remainder of the races will be continued at Gateway International Raceway in Madison, Illinois.

For more information log onto www.Teamaruba.com or become a fan and follow them on facebook.





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Cuba dissident ends hunger strike

HAVANA, Cuba (AFP) - A leading Cuban dissident yesterday ended a 135-day hunger strike after the communist government said it would free 52 political prisoners, raising hopes for improved international ties.

"This confrontation... has no winners or losers, only Cuba, our nation, has won," Guillermo Farinas said in a statement presented by his supporters through a hospital window in the city of Santa Clara.

The frail psychologist has been in intensive care since suffering a hypoglycemic shock two weeks after beginning his protest at the end of February, a day after another dissident, Orlando Zapata, died following an 85-day hunger strike.

Cuba late Wednesday agreed to free 52 political prisoners in a surprise church-state deal promising the biggest such release since President Raul Castro formally took power in 2008.

Foreign observers yesterday lauded the announcement, with some, including the United States and Spain, providing offers of asylum.

US Secretary of State Hillary Clinton said the step was overdue but "a positive sign," and many in Europe called for the release of all political prisoners.

Farinas had said he would not end his strike until at least five political prisoners were released, having dropped his original demand for 25 to be freed once church mediation was under way.

The first five prisoners, all males aged from 33 to 60, could leave for Spain in the coming days, said the Catholic Church in a statement yesterday. Another six prisoners were due to be relocated to prisons in their home provinces and those remaining were to be freed within the next three to four months.

The 52 were among 75 dissidents rounded up in 2003 and sentenced to jail terms of six to 28 years.

Talks between Cardinal Jaime Ortega and Castro also involved Spanish Foreign Minister Miguel Angel Moratinos, who said the pending move opened "a new era."

Cuban's state-controlled newspapers yesterday included the announcement of the prisoner release, without further details.

Europe to give US access to bank data for terror probes

BRUSSELS, Belgium (AFP) – Europe agreed yesterday to let the United States tap into banking data for terrorism probes again, reviving a program which officials said would save lives and protect the privacy of Europeans.

The United States will again have access to the banking information from August 1 after European MPs voted 484-109 in favour of a new five-year deal they say provides privacy safeguards.

The new agreement is a victory for the parliament, which used powers it gained under the European Union's Lisbon Treaty to block an initial deal in February because of fears over privacy.

Washington was subsequently barred from seeing the bank data until a new deal was agreed.

European Home Affairs Commissioner Cecilia Maelstrom, who negotiated the new deal, said any failure to conclude an agreement "could have had negative repercussions for EU-US cooperation in the security area and more broadly."

US President Barack Obama welcomed the deal.

"The threat of terrorism faced by the United States and the European Union continues and, with this agreement, all of our citizens will be safer," he said in a statement.

"This new, legally binding

agreement reflects significant additional data privacy safeguards but still retains the effectiveness and integrity of this indispensable counterterrorism program," he added.

European lawmakers dropped their opposition to the program after the EU and the United States agreed a set of measures to prevent intrusions into the privacy of Europeans.

European Commission chief Jose Manuel Barroso said the deal "respects the right balance between the need to guarantee the security of citizens against the threat of terrorism and the need to guarantee their fundamental rights and civil liberties."

Georgia claims it has world's oldest person, 130

SACHIRE, Georgia – Authorities in the former Soviet republic of Georgia claim a woman from a remote mountain village turned 130 yesterday, making her the oldest person on Earth.

Antisa Khvichava from western Georgia was born on July 8, 1880, said Georgiy

Tropical storm hit Texas-Mexico border

NEW YORK CTY) – A tropical storm hit the Texas-Mexico border lte yesterday afternoon, the U.S. National Hurricane Center said.

Currently, the storm system is a tropical depression. With winds of 35 miles per hour, the depression was located about 160 miles east-southeast of Brownsville, Texas, according to the NHC.

If it does strengthen into a tropical storm, it would be named Bonnie. Tropical storms pack winds of 39 to 73 mph

Meurnishvili, spokesman for the civil registry at the Justice Ministry.

The woman, who lives with her 40-year-old grandson in an idyllic vine-covered country house in the mountains, retired from her job as a tea and corn picker in 1965, when she was 85, records say.

Sitting in the chair and holding her cane, Khvichava spoke quietly through an interpreter since she never went to school to learn Georgian and speaks only the local language, Mingrelian.

Her age couldn't immediately be independently verified. Her birth certificate was lost — one of the great number to have disappeared in the past century amid revolutions and a civil war which followed the collapse of the Russian Empire.

But Meurnishvili showed two Soviet-era documents that he says attest to her age. Scores of officials, neighbors, friends, and descendants backed up her claim as the world's top senior. The Gerontology Research Group currently recognizes 114-year-old Eugenie Blanchard of Saint Barthelemy, France, as the world's oldest person. The organization is yet to examine Khvichava's claim.

Khvichava has a son, 10 grandchildren, 12 great grandchildren and six great, great grandchidren.

Khvichava's 70-year-old son Mikhail apparently was born when his mother was 60.

She said she also had two children from a previous marriage, but says they died of hunger during World War II.





Project Coordinator & Graphic Designer

Rosalie Klein

Reporter / Photographer

Yvonne Kromhout

P.R., Sales & Marketing
Yanis Garcia

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Van der Sloot's mom said she won't visit him

The grieving mothers of Stephany Flores and Natalee Holloway can't visit their daughters. The mother of the man accused in Flores murder and Holloway's disappearance says she'll pass on the chance to visit Joran in prison.

Anita van der Sloot told the Dutch newspaper De Telegraaf she has no plans to visit her son in Lima's notorious Castro Castro prison where he is fighting charges he murdered 21 year old Peruvian student Stephany Flores. Flores was killed five years after Mountain Brook teenager Natalee Holloway disappeared on a graduation trip to Aruba.

The common link....Joran van der Sloot was the last person each girl was seen with.

After Joran left for Peru, Anita van der Sloot found a note from her son that said, "I'm gone, do not worry." The next time she saw him, he was on TV in handcuffs.

She still maintains his in-

nocence in the disappearance and presumed death of Natalee Holloway, but admits that, "Stephany, he may have killed."

Anita van der Sloot said Joran is sick, but did not want mental help.

Joran has undergone more psychological testing at Peru's Castro Castro prison this week.

Joran's Peruvian attorney said that the defense will submit their own psychological profiles on van der Sloot, dating back to his childhood.

Joran lost an appeal last week to get the confession thrown out. He claimed he was coerced, confused and not given a proper translator. The Peruvian judge on the case dismissed those arguments.

Joran's current lawyer has already conceded a strategy of "paralyzing the process" of the trial.

He has vowed to take the case all the way to the Inter-American Court of Human Rights

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FAVI clients enjoy visit at Aruba Archaeological Museum

Experience exposition of the three senses





Recently, the Aruba Archaeological Museum received a special visit. Some 50 FAVI (Foundation for the Visual Impaired) clients accompanied by their guide were given a tour by museum employees and volunteers. The museum management made some adjustments especially for this visit, with the focus on the auditory section, and sections where the visitors were able to touch and smell the artefacts of the permanent expo.

Prior to the visit, a pretour was done together with FAVI guide Mrs. Charlene Marchena, who organized the visit. The employees and volunteers received proper instructions on how to conduct the tour in a more interesting and attractive way for the FAVI clients.

The visit turned out to be



a very interesting one, for the FAVI clients as well as for the museum's personnel. FAVI and museum management used this opportunity to evaluate with the clients on the results of this visit, to see if the way the expo was conducted is adequate for the visually impaired or if some adjustments need to be done for future tours for this group.

The visitors enjoyed very much that they had the opportunity to touch replicas of the artefacts, which helped them visualize and get a feeling of their shape. They also listened to stories of the Amerindian life in the audio kiosk and enjoyed entering into the Maloca (Indian house) model where they could feel and smell the material of which the house is

made

Enthusiastically they proceed to the second floor to enjoy the rest of the expo. There they experienced the mystical ambiance of entering a cave replica, and received information of the Contact 1515 video, thus getting to know more of the first European settlers who came here. They were also very impressed with the Amerindian burial ritual culture.

The Aruba Archaeological Museum was very satisfied with the visit of FAVI and their ability to completely participate in the tour.

One of the satisfied FAVI clients on their part expressed: 'Do not fear, for if you do not fear you can accomplish anything.'



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D'Licious team arriving on July 15th

ORANJESTAD -- Next week Thursday the complete cast of the amazing dinner show D'-Licious will be arriving on Aruba. No less than 15 international cast members will be flying in and spend six months on the island, performing six nights a week at the new venue Zissles.

The cast includes Jasper Taconis, well known in the Netherlands for his role in the musical Chicago. Furthermore, a selection of extremely talented singers and dancers will be showing off their talents on stage for the public to enjoy.

The production team of D'Licious took flight earlier this year, with auditions to get the best singers and dancers from all over Europe.

From July 16th until July 28th the cast will be rehearsing the show with their creative team, among them Roy Julen,

head choreographer of 'So You Think You Can Dance' in the Netherlands.

D'Licious tells the story of long lost hopes and dreams, from wanting to be a superstar and walk the red carpet, to the fantasy of being a secret agent. Many people will be able to relate to the story told throughout the show, life is simply too short not to follow your heart.

The greatest hits from different musical eras have been newly composed especially for the show, as well as a new opening song called D'Licious.

Sizzling costumes, with an emphasis on the sexy burlesque theme, and great lighting and graphics, will make for a show Aruba has not seen before

The first show can be seen on Friday, July 30; tickets are available at www. zissles.com.

Back Then



Aruba's dry landscape

Climate Change. Call it what you will, we have definitely seen it here. Back then one learned to walk bent into the wind. Just try crossing the pier leading into the Bali Restaurant straight up and you'd be blown off the edge. Men always carried a comb because their hair would be a mess after a few minutes walking anywhere or just getting out of the car. Women would not wear their hair long and hanging free, as today's old-is-new-again style, because it would be blown all over the head and face.

If you were on the beach at Manchebo in January, when it was the first on that entire stretch of what is now the lowrise hotel section, you would need to wrap yourself securely in towels because the wind would blow the sand so hard it stung the body like bees.

The rain showers, never storms, were not predictable in any form of science. It would rain wherever it wanted and only there; not nearby or over there or in town or not or in San Nicolas or not. One would be driving along in the rain and it would just stop and the road ahead would be dry. Not a drop had touched it. Look out the window and it was raining; oops the car window is open. But the car was dry.

Now the heat is more, the winds are less and rain, which never was much, is so little that Indian rain dance prayers are in favor. According to a farm family here, since the beginning of the 20th century, there was no rain in December (our usually wet month) in any year ending in 9: 1909, 1919 and on to 2009. It was proven to be very true last December.

Some attest the changes in our weather over the years to the refinery whose gaseous emissions sent the rain clouds



Raining on Aruba



Children playing in the rain

over the island to deposit their rain beyond us.

Back then when it did rain for a few minutes, Arubans at the beach would go in sea, Logical. One gets wet when one swims, why stand under a tree in the rain. Tourists did not follow this logic. The first timeshare resort on the island, Aruba Beach Club, used the slogan "When it rains, we pour." Back then it wasn't often and didn't last long enough to break the budget.

Tourists would often ask front desk people or porters what was the weather forecast for the day. Back then few even understood the question. What's a weather forecast? It didn't take long, however, to figure it out.

Look outside, that's what you get for the day!

A Marietta memory: When it rained, back then, mothers would tell their kids to go outside and play. The rain was clean, sweet and healthy. After a short shower, the sun and wind would dry their clothes and their hair while dancing in the freshness. Kids in Aruba learn to dance before they learn to walk. What could be more delightful than dancing in the rain?



Inscribe now! Be Fit Camp, a different vacation program by IDEFRE







Every year IDEFRE (Aruba's Sports Organization) organizes vacation camps for youngsters. This year, for the first time they organized a different vacation program, called Be Fit Camp. The camp is at the 'Parke Curason' situated in Jaburibari and is from July 12 to 16 between 8:00 a.m. and 1:00 p.m.

Program and goal of the

IDEFRE prepared a pro- Edward Robles.

gram that covers a whole week of activities geared especially to elementary school children between 9 and 13 years. The activities comprise, among others, a recreation session at the park, with Zumba and other sports. Youngsters also get to participate in a hike in the Arikok National Park and will also go to the beach. The main goal of the camp is to teach youngsters how to prepare healthy food, salads, fruits, etc., so they can be informed and motivated on how to live a daily active and healthy life

Be Fit Camp contributes to making parents and youngsters aware of the importance of leading a healthy life. The organizers invite parents to contact them and inscribe their kids for this vacation program where they will receive proper guidance from qualified personnel of the Health Department

Inscription is possible at the IDEFRE office, situated on the second floor of Certified Mega Mall, L.G. Smith Boulevard between 8:00 a.m. and 4:00 p.m. Registration fee is Afls. 15 per kid. For more information readers may contact Jozef Albus at tel. 582-4987 or cell. 593-0445, or program coordinator Edward Robles



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'Glee' Is Lookin' Good with 19 Emmy Nods

Glee is taking the Emmy Awards by storm! The hit show just received 19 nominations for the annual awards show, coming in second in number of nods behind behind World War II miniseries The Pacific, which has the potential to win 24 statues. Both shows are up against some stiff competition, though.

Glee goes head-to-head against Curb Your Enthusiasm, Modern Family, The Office, 30 Rock and Nurse Jackie in the Best Comedy Series category, giving it the opportunity to break 30 Rock's three year run of wins.

Mad Men, the tale of an advertising agency in the 1960s, picked up 17 nominations, including Best Drama Series against Breaking Bad, Lost, True Blood, The Good Wife and Dexter.

Tina Fey joked about her selection in the Best Comedy Actress category for her role in 30 Rock, saying: "This is great and exciting news. Also, this seems like an appropriate time for me to announce to NBC that I will not be renewing my contract — with my gym."

A number of British stars also received nods – both Dame Judi Dench and Dame Maggie Smith will compete for the prize in the Best Actress in a Miniseries category for their roles in Cranford and Capturing Mary respectively, while Sir Ian McKellen has been nominated in the equivalent male category for his performance in The Prisoner.

Jimmy Fallon will host this year's awards, which will broadcast live from Los Angeles on August 29.

Patterson first to top one million in e-book sales: Hachette WASHINGTON (AER), US. Jian a books.

WASHINGTON (AFP) – US thriller writer James Patterson has become the first novelist to sell more than one million electronic books, according to his publisher, Hachette Book Group.

Hachette Book Group said the best-selling author of "Kiss the Girls," "Along Came a Spider" and other titles in the Alex Cross series has sold a total of 1.14 million e-books.

"Things have really changed in the digital space," Patterson said in a statement.

"With more and more people reading on iPads, Kindles, and Nooks, taking time to create interesting, userfriendly, enhanced e-book editions is becoming more and more important," he said.

"And if e-books get people who might otherwise not be

reading to pick up a book, then that makes me happy," he said.

Amazon did not reply to a request from AFP for sales figures but Patterson's books have frequently featured on the bestseller list in the Kindle store.

His book "Private" is currently number seven on the



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KNIGHT AND DAY- Action/Comedy

June Havens (Diaz) finds her everyday life tangled with that of a secret agent (Cruise) who has realized he isn't supposed to survive his latest mission. As their campaign to stay alive stretches across the globe, they soon learn that all they can count on is each other.

Science/Tech

Sony adds 3D shooting to new cyber-shot Cameras



Though 3D-capable cameras are nothing new, two new additions to Sony's 2010 Cybershot line are notable for their 3D-shooting capabilities: They're the first everyday point-and-shoot cameras that offer 3D imaging capabilities, and they create 3D photos with a single lens.

The Exmor R CMOS-sensor-based Sony Cyber-shot DSC-WX5 and Cyber-shot DSC-TX9 look a lot like last year's DSC-WX1 and DSC-TX1 Cyber-shots, but they improve on those cameras' already impressive bag of tricks by adding a 3D panorama mode and other new in-camera settings. A third new Sony point-andshoot camera, the CCD-sensor-based Cyber-shot DSC-T99, lacks the 3D panorama feature.

One Lens, Three Dimensions

To create 3D images, cam-

eras traditionally use a duallens system, with the two lenses spaced about as far apart as a pair of human eyeballs. After shooting, two slightly offset images are overlaid, and a visible 3D effect is achieved by using one of many presentation options (among them, red/blue anaglyph filters, different methods of polarization, or viewing the images with the naked eye on a specially treated screen).

The WX5 and TX9 work around the dual-lens system with a creative rejiggering of Sony's Sweep Panorama mode. Using the cameras' 3D Sweep Panorama setting, you press the shutter button once, pan across a scene, and the camera stitches together a panoramic image that can be viewed in 3D.

In the 3D Sweep Panorama mode, the camera calculates what a dual-lens system would capture at different points in the scene and create a similarly offset image. When the image is viewed through special glasses on a compatible HDTV set, the resulting image shows a 3D effect; true to Sony's proprietary-technology-happy reputation, the only way to obtain the proper 3D effect is by viewing the images on a 3D-capable Sony Bravia HDTV while wearing the company's Active Shutter 3D glasses.

That's a big investment just to properly view 3D images shot with these cameras, but the effects are impressive. At a recent demo, sample 3D panorama images viewed through Sony's Active Shutter glasses on a Sony Bravia HDTV showed stunning depth-of-field effects, and foreground elements truly looked as if they were popping out of the screen.

Three-dimensional imaging capabilities have also found their way into two Sony cameras released earlier this year. A free firmware update for Sony's interchangeable-lens Alpha NEX-3 and Alpha NEX-5 cameras enables both models to shoot 3D panoramic images using the same sweep technique. According to Sony, the Alpha NEX firmware update also enhances the cameras' normal Sweep Panorama modes, speeds up start-up times, and improves battery life.

Real Books Quicker to Read than E-Books



People can read traditional printed books a good bit faster than eBooks on tablet computers, a new study has found.

The study tested peoples' pace of reading on two popular e-reader tablets - Apple's iPad and Amazon's Kindle 2 - as well as a standard PC monitor and a plain ol' regular book.

The 24 study participants read short stories by the author Ernest Hemingway, chosen "because his work is pleasant and engaging to



read, and yet not so complicated that it would be above the heads of users," said Jakob Nielsen, who led the study for the Nielsen Norman Group.

On average, it took people

more than 17 minutes to read the selected tales, which Nielsen wrote is "enough to get them immersed in the story" and is also "representative for many other formats of interest, such as whitepapers and reports."

To make sure people did not just skim the stories, the participants were given a reading comprehension tests afterward.

Overall, the study revealed that people read text 6.2 percent slower on an iPad than on the printed page. With the Kindle, reading was 10.7 percent slower.

Nielsen noted that this difference between the e-readers was not statistically significant, however, so in the end the only fair statement is that "tablets still haven't beaten the printed book," Nielsen wrote.

HEALTH

UN sets new guidelines for packaged salads, melamine in food



GENEVA (AFP) - UN agencies said Tuesday they had tightened limits on melamine content in food and guidelines for packaged salads in an effort to reduce food poisoning affecting one-third of the world's people.

Packaged salads could become contaminated through the water used to irrigate them, said World Health Organisation's food safety department official Jorgen

"In relation to salads, the

issue is often that you can have contamination because you have contaminated water that you put on the fields. This can be contaminated by anything -- from human faeces to animal faeces," he said.

The new guidelines include details on the quality of water to be used on the fields as well as procedures on harvesting the salads, he said.

"The issue is to make sure that the farms are doing the right thing," he added.

There is no data for the

number of people who fall

He emphasised the problem of food contamination in general, saying that "at least one-third of the global population get sick from food every year."

The WHO, Food and Agriculture Organisation and the UN food standards body Codex Alimentarius Commission also set limits of the occurrence melamine in food products,

For powder infant milk formula the new international limit is one miligram of melamine per kilogram of formula, while for other food

melamine content in food should be its "resulting from non-intentional" presence with any intentional addition of the substance prohibited.

lows a scandal in China in 2008 when melamine was found to have been added to a range of products including baby formula, leading to the death of six infants with almost 300,000 falling ill.

sick from consuming contaminated packaged salads every year but Schlundt said there were cases in developed as well as developing coun-

natural

Schlundt said.

it is 2.5 miligrams. The WHO stressed that

The tightened limit fol-

World first face transplant, with tear ducts

PARIS (AFP) - French doctors have carried out a successful full-face transplant -eyelids, tear ducts and all -on a 35-year-old man, the hospital where the operation took place confirmed on Thursday.

Doctors carried out the 12hour operation June 26 and 27 on a patient -- identified only as "Jerome" -- afflicted with a face-disfiguring genetic disorder.

The head surgeon, Laurent Lantieri, described the surgery as a world first because it included a difficult and unprecedented transplant of tear ducts and eyelids.

A similar procedure carried out in Spain earlier this year replaced most of the face, but not the tear ducts.

Lantieri, who has already performed four other partial or nearly-complete face transplants, told AFP before the operation that reconnecting tear ducts and replacing eyelids was the "extremely challenging."

"My patient is doing well. He is walking, eating, talking. His beard has started to grow back on his new face," said Lantieri, who operated on Jerome at the Creteil Henri-Mondor hospital in the Paris suburbs.

"The first time he looked at himself in the mirror he stuck both thumbs up," he told a local newspaper, the Parisien. "He was waiting for this transplant for two years. He is very happy."

Lantieri's team operated on another patient suffering from the same genetic disorder, a type of neurofibromatosis called Recklinghausen's disease, in 2007.

In that case the tumour was so massive and hideous that the man could neither eat or speak properly.

Less then 13 months after the transplant, however, the man was working fulltime and considered himself to be reintegrated into society.

A face transplant involves the removal of the entire face from a corpse, including mouth and eyelids, and grafting it onto the patient. Nerves and blood vessels are connected under a microscope.

"We are the first to have done a full-face transplant including eyelids and tear ducts. I am proud because this has been done in France, Lantieri was quoted as saying.

The surgery required a team of ten people, fewer than for previous cases, he added.

A face transplant is considered one of the toughest surgical tasks. It combines micro-surgery to connect nerves and blood vessels and a high risk of rejection by the recipient's immune system.

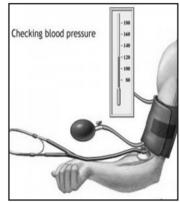


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Monitoring Blood Pressure at Home May Help Keep It Low



With proper training, people with high blood pressure may be able to control it more effectively on their own at home than through conventional methods, British researchers contend.

Through telemonitoring of their blood pressure and adjusting their medications according to guidelines agreed upon in advance, patients assigned to self-managed care saw greater reductions in blood pressure after six and 12 months than patients receiving standard care through health professionals, the study found.

"Self-management represents an important new intervention for people with hypertension treated in primary care," said lead researcher Dr. Richard J. McManus, a professor of primary care cardiovascular research and honorary consultant at the University of Birmingham in England.

Self-management should be considered for people with hypertension, particularly if

their blood pressure is not controlled with standard care, McManus added.

But the self-managed approach is not without drawbacks, McManus noted.

"Caveats are that not everyone will want to do selfmanagement and that family doctors need to be involved in setting up the titration schedules for individuals to follow," he said.

High blood pressure is a major risk factor for heart attack, heart failure, stroke and renal (kidney) failure, but only half the people treated for it have their blood pressure controlled, according to background information in the study.

Taking daily blood pressure readings over six months, patients managing their own care saw a drop in systolic blood pressure (the top number in a 120/80 reading) of 12.9 mm Hg, while patients on standard therapy saw only a 9.2 mm Hg drop in systolic pressure, the researchers found.

Patients without diabetes were encouraged to aim for 130/85 mm Hg, and diabetics were to target 130/75 mm

Hg, according to the study.

McManus thinks that working actively to control blood pressure is the reason the self-management approach was so successful.

"The effect seems to be due to increased antihypertensive treatment in people who self-manage," he said.



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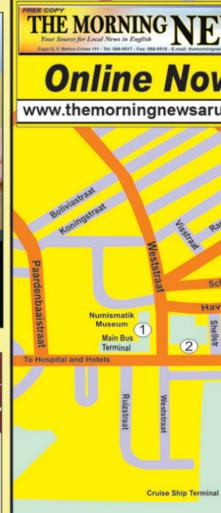
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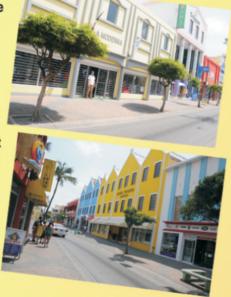
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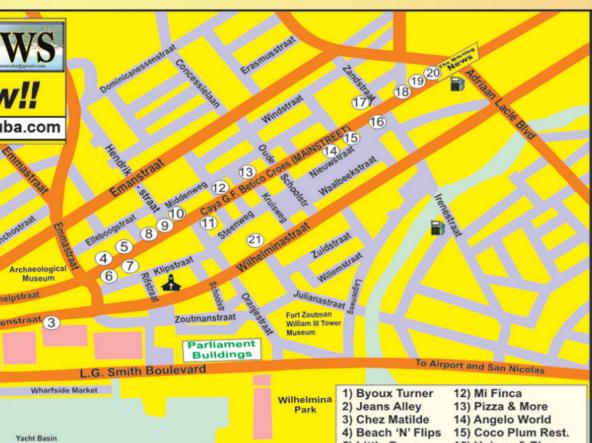
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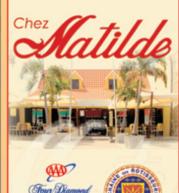
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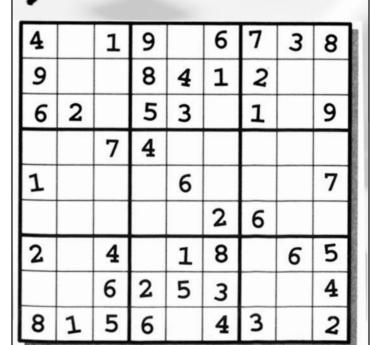
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Europe shores up support for bank stress tests

LONDON, England – European supervisors won tentative support for impending bank stress tests yesterday, while markets sought more detail about the process before delivering a final verdict.

Regulators are aiming to restore trust among bank investors, in the same way that U.S. stress tests last year helped draw a line under problems there, publishing a list of 91 banks subject to the tests late on Wednesday.

The Committee of European Banking Supervisors (CEBS), tasked with running the tests, said it would test banks' resilience assuming economic growth 3 percent below official EU forecasts.

"The good news is twofold," said Pascal Decque, analyst at Natixis, as the "very wide scope" of the tests, including unlisted banks in Spain and Germany, would give a broad picture of the health of the banking system. "That's good news one."

"Good news two is that it will be published on a bank-by-bank basis as well, and you will have the ability to see each name," he added.

On the "bad news" news front, however, was the lack of detail on exactly how much of a "haircut" each bank would need to take on the sovereign debt they hold, he said.

European bank shares rose roughly in line with overall markets, in a sign the test criteria were not worse than markets had been expecting.

European investors have been shaken by worries about sovereign debt losses, more bad debts and doubts about the health of the unlisted bank sector.

The European test, whose results will be released on July 23, will include losses on some government bonds based on a deterioration of market conditions to worse than the situation observed in May. The scale of markdowns on sovereign debt is all-important, however.

Most of Europe's large banks are on the list to be tested, as well as regional landesbanks and cajas, thought to be among the weakest.

"The purpose of the stress test is to differentiate between the listed and the unlisted banks. That's deliberately the case in Spain, but reluctantly the case in Germany," said Simon Maughan, analyst at MF Global.

Airbus submits bid for US military mega-project

WASHINGTON (AFP) - European aerospace giant Airbus yesterday submitted its bid for a 40-billion-dollar US military contract also eyed by bitter rival Boeing.

Hoping to snare the contract "of the century," executives from Airbus's parent firm EADS said their 8,819-page bidding document was submitted ahead of today's deadline.

The winning firm will build 179 aerial refueling tankers for the US Air Force.

"We are proud of our offering, which is the only one in this competition that is flying and refueling today," said European Aeronautic Defence and Space Co. North America chairman Ralph Crosby.

The European firm is proposing a military version of its A330 commercial passenger airliner, the KC-45.

"We have delivered two copies of an 8,000-page plus proposition," Crosby said.

Boeing is expected to submit its proposal today.

With an eye on its US rival EADS said if it won the contract, a new aircraft manufac-

turing facility in Mobile, Alabama would help create 48,000 US jobs.

Airbus and Boeing have traded accusations of unfair competition as they compete for the kudos and cash that come with producing 179 aircraft for the US military.

US lawmakers have called for the value of Airbus's alleged subsidies to be factored into the European firm's bid.

Crosby rejected talk about the subsidies and related World Trade Organization probes as "not a central issue in this competition."

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Oil prices rise as US crude reserves sink

LONDON, England (AFP) - Oil prices jumped yesterday following an upgrade in world growth expectations and a larger-than-expected drop in US crude inventories.

New York's main contract, light sweet crude for delivery in August, climbed 1.37 dollars to 75.44 dollars a barrel.

Prices have risen five percent so far this holiday-short-

London's Brent North Sea crude for August gained 1.20 dollars to 74.71 dollars.

The market rose as the US Department of Energy said American crude oil reserves plunged by almost five million barrels in the week ending July 2.

That easily beat market

expectations for a 1.8-million barrel drop, according to analysts polled by Dow Jones Newswires.

"There were different economic data this morning that were bullish, that kicked off the day in a right day, and the second thing is the surprisingly large draw in crude inventory," said analyst Jason Schenker at Prestige Economics.

Gasoline or petrol stocks gained 1.3 million barrels last week. Distillates, which include diesel or heating fuel, grew 300,000 barrels.

Investors also were relieved with fresh US data showing a decline in the number of Americans registering for jobless benefits.

IMF lifts world growth forecast

HONG KONG (Reuters) – The International Monetary Fund upgraded its 2010 global growth forecast yesterday, citing robust expansion in Asia and renewed U.S. private demand, but warned the euro area's debt crisis posed a big risk to recovery.

The IMF said the euro zone's sovereign financing problems and resulting financial market turbulence were significant challenges, especially with the web of financial and trade links connecting Europe to the world. However, a double-dip world recession was highly unlikely.

The fund raised its 2010 global output forecast to 4.6 percent from 4.2 percent in April's review of the global

economy, but kept its 2011 view unchanged at 4.3 percent.

The world economy shrank 0.6 percent in 2009 as a result of the global financial crisis.

"What has happened in Europe is likely to slow down the path to recovery relative to what could have happened, but I think the chances of a double dip are very small, as you know we're forecasting fairly strong growth for the world economy this year," Olivier Blanchard, the IMF's chief economist, said at a briefing in Hong Kong for the organization's latest World Economic Outlook and Global Financial Stability reports.

It was the first time the IMF updated these reports from Hong Kong.



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Aruba's religious sites Featured: the Lourdes Grotto



Aruba is known for its beautiful white beaches, pristine turquoise waters, a lot of sunshine and a beautiful arid landscape. Tourist flow to the island to relax in a tranquil ambiance and enjoy the many activities constantly happening here. But what if you want to spend a quite moment? Aruba's spiritual sites offer you the best to achieve the perfect balance of body and soul.

Aruba was colonized by both the Spanish and the Dutch, thus has a strong prevalent Catholic population, even today. While there are many religions represented on the island, it is the Aruba churches and sites that draw those of all faiths.

The Lourdes Grotto is possibly the most well-known religious site on Aruba. Located near San Nicolas in the southern part of the island, away

from most of the action, the Lourdes Grotto is peaceful and set away from much of the hectic activity. A grotto is either a natural or artificial cave used by humans, and the grotto on Aruba became a religious site when the Catholic church placed a large statue of the Virgin Mary into a rocky hillside at Seroe Preto in 1958.

The Lourdes Grotto is named after the region in southern France where the Virgin Mary appeared to a peasant girl. The statue was placed on Aruba to mark the 150th anniversary of this appearance. Another cave is located across the street and, as an extra treat for visitors, parakeets live all around this area. Every year on February 11, a procession travels from the St. Theresita Church located in San Nicolas to the Lourdes Grotto Aruba for mass.

And the Twilight Saga continues













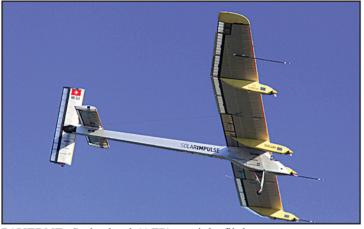
Photos show sceness during the premiere of the movie Twilight Saga Eclipse which started off with a red carpet event with guests walking the red carpet and their pictures taken Hollywood style by local press members. The event was followed by a cocktail reception.

After mingling together edeverybody enjoy the much anticipated romantic movie "Twilight Saga: Eclipse"



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Swiss solar plane makes history with round-theclock flight



PAYERNE, Switerland (AFP) - A solar powered aircraft made history yesterday after flying around the clock on the sun's energy alone, bringing the dream of perpetual flight a step closer.

After 26 hours in the air, the experimental Solar Impulse aircraft, flown by Andre Borschberg, made a seamless landing at Payerne airbase in western Switzerland at 9.01 a.m., about three hours after daybreak.

"It's the first time ever that a solar airplane has flown through the night," said Bertrand Piccard, the Swiss adventurer who masterminded the project.

A euphoric Borschberg alighted from the single-seater plane to congratulations and slaps on the back from the 70-strong support team.

"I have the impression that I'm still in the air," the 57-yearold said. "I feel very pleased, really happy. It was a crucial step. Now we'll go even further, we'll do long missions."

The aircraft had taken off from Payerne at 0451 GMT Wednesday, for 14 hours of sunshine to power its engines and charge its batteries for the

night flight.

Its wings -- a 63-meters (207-feet) span that matches the Airbus A340 airliner -- are covered with an array of 12,000 solar cells.

Flight director Claude Nicollier, himself a former space shuttle astronaut, said the flight had exceeded expectations.

As darkness fell Wednesday, there had been fears that a brief burst of strong high-altitude winds had deprived Solar Impulse of some of the stored energy to last the night.

But Borschberg seemed unflustered by his 26-hour experience, speaking only of "one or two little difficulties."

For project leader Piccard, who achieved the first round-the-world balloon flight in 1999 and whose father and grandfather both broke height and depth records, it was a moment to savour.

He revealed that Solar Impulse had emerged from darkness with three hours of energy left in its batteries, far more than had been expected. And by the time it landed, it had already taken advantage of the new burst of energy from the rising sun to recharge its batteries.



The Aruba International Triathlon lives up to expectations









Recently, the Aruba International Triathlon launched on Eagle Beach with almost 100 participants from Aruba, Curacao, Venezuela, and the USA, in three categories, Sprint, Olympic & Relay Race.

The Triathlon featured swimming, cycling and running on a gorgeous stretch of ocean-front on Eagle Beach, for the 24th annual edition of the Triathlon, Aruba's version of the Iron Man/Woman competition, held here for the 22nd time.

The International Triathlon had a Mom & Pop feel to it, as it was organized by a committee of volunteers with zero government or official backing.

The Aruba Tourism Authority included the international event on its annual calendar of events but this was as far as the endorsement went.

The 22nd Aruba International Triathlon, for the 24th year in a row, was exclusively fueled by the enthusiasm of the runners, and the willingness of



the volunteers, with race director Eric Gomes at the helm, to make it happen and push it forward.

Eric, a retire fireman, with 30 years of fire-fighting under his belt in the Netherlands and Aruba, is the motor behind the committee assisted by secretary Glenda Croes and many other volunteers.

They owns a trailer, and some stop watches, besides a big heart, which jumpstarts the competition each year.

Together they manage the grass root event, held this time on Eagle Beach which is great for spectators, but imperfect for participants due to the deplorable, chipped and bumpy state of the asphalt top coat on the Eagle Beach scenic road.

But nevertheless, it was a glorious day, with participants of all ages, having a great time, competing against a backdrop of loveliness.

The Venezuelans in the race showed up with family members and supporters in tow,

combining a family vacation at the Holiday Inn with a competitive sport event.

The winner of the race from 24 years ago, from Aruba, was among winners this year as well.

A Grandpa, Father and Grandson trio ran the relay, all members of the van Schijk family, from Aruba, besides colleagues and friends, women who wanted to expand their horizons, men who decided to probe their limits and youngsters who explored their own budding capabilities, all meeting on the beach at sunrise, to swim, cycle, run and have fun.

Eric, who grows watermelons in his garden, in honor of the competition, cracked up 10 large, juicy ones. He would do anything to promote the event. And his dream is to equip each runner with a chip next year, and track each runner down by computer; he is looking for four sponsors to foot the bill and make his dream come true. Meanwhile everybody had a great time!

Cavendish ends victory famine on Tour's fifth stage



Brtitain's Mark Cavendish (C) celebrates on the finish line after winning ahead of Norway's Edvald Boasson Hagen (R) the 187,5 km and fifth stage

MONTARGIS (AFP) Britain's Mark Cavendish finally relaunched his stuttering sprint on the Tour de France by powering to victory on the fifth stage Thurs-

Switzerland's Fabian Cancellara retained the overall leader's yellow yersey on another crash-free day for the peloton as they rode through the heat of Champagne country in pursuit of a three-man breakaway.

The last of that trio, Spanish champion Jose Ivan Gutierrez of Caisse d'Epargne, was caught with three kilometres of the 187.5km ride from Epernay remaining.

The sprinters' teams, notably Garmin, HTC-Columbia, Lampre and Cervelo then engaged in a tactical battle for the best position at the front, with Cavendish finally prevailing after emerging from the wheel of lead-out man Mark Renshaw.

Milram's German sprinter Gerald Ciolek finished second with Norwegian Edvald Boasson Hagen in third for the second day in a row for Team Sky.

It was the 24-year-old Cavendish's 11th career win on the world's biggest bike race, and comes in the wake of several failures in a week which has seen Italian veteran Alessandro Petacchi dominate two sprints.

After he misfired on the fourth stage Wednesday when HTC-Columbia finally got their sprint train together, Cavendish admitted it was a huge relief to get the monkey off his back.

"The guys did an incredible job, they were fighting right till the end and I had to finish it off. It's a great relief and a great sense of achieve-ment," said Cavendish, who won an incredible six stages on the 2009 edition.

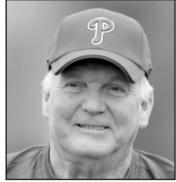
"We've had some bad luck on this Tour and then yesterday we had some good luck and they did a great job but I let the guys down.

"They could have given up today and they didn't."

Ahead of Friday's long 227.5 km stage to Gueugnon, which could again end in a bunch sprint, Cancellara Britain's Geraint leads Thomas by 23sec in the overall standings.

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Manuel faces tough choice for NL starter



PHOENIX -- If Charlie Manuel thought he was second-guessed when he selected the National League All-Star roster, just wait until the Phillies' skipper names his starting pitcher for Tuesday's Mid-Summer Classic.

Manuel, who will manage the NL All-Star team for the second consecutive year, will likely choose between Colorado's Ubaldo Jimenez and Florida's Josh Johnson.

"Both of them are definitely top-notch pitchers and I like the pitching staff that we've got on our club this year," Manuel said on a conference call with reporters Thursday.

Jimenez has a gaudy 14-1 record entering Thursday and no-hitter to his credit, not to mention a 2.27 ERA and only 84 hits allowed in 119 innings. But in his last three starts before facing the Cardinals on Thursday, the right-hander was just 2-1 with an 8.66 ERA.

On the other hand, Johnson is 9-3 with an NL-best 1.70 ERA and in 122 innings he has allowed 89 hits and just 28 walks while fanning

Johnson also comes into the break on a roll having allowed just one earned run over 14 innings in his last two starts.

Manuel said he will wait until he gets to Anaheim on Sunday night and has a chance to discuss the matter with his coaching staff before he makes a final decision.

Manuel will also have to decide how to utilize the rest of his staff once the starter comes out. With seven starting pitchers on his staff he could mainly use them, or he could go heavy with relievers like he did last year when he used only two starters -- Tim Lincecum and Dan Haren -and went with relievers the rest of the way in a 4-3 loss.

Phillies' pitching coach Rich Dubee along with Padres' manager and former big league pitcher Bud Black and Giants' manager Bruce Bochy, who are serving as NL coaches, will have input in the decision.

"That's something we'll talk about," definitely Manuel said. "I communicate really good with Dubee and he's kind of like my righthand man and believe me he's good. At the same time I've got Bud Black and Bruce Bochy and I will discuss everything about it with them. I respect them. There are some things there that we can do. Last year we went with all our relievers mostly and that got us through, but we want to put the best possible pitching staff on the field we can, because we're definitely going to be trying to win the game."

Winning is something the NL has experienced since 1996 when the game was in Philadelphia. Since that time the American League is 12-0-1 and with home-field advantage in the World Series once again riding on the game, the NL is focused on stopping the

Clarke leads Scottish Open after brilliant 65

LOCH LOMOND (AFP) -Darren Clarke made a welcome return to form after shooting a brilliant 65 to take the outright lead on the first day of the Scottish Open here Thursday.

The Northern Ireland ace who hasn't won since the Dutch Open in 2008 - hit six birdies in a bogey-free round to lead the way on a day of low scoring at Loch Lomond.

He tops the leaderboard by a stroke from Italy's Edoardo Molinari, Ireland's Damien McGrane and England's Graeme Storm.

The 42-year-old gave a hint that he was on the way back by winning the JP Mc-Manus pro-am earlier this week and was delighted to continue the run.

"I was delighted with the round," said Clarke.

"Obviously winning this week has given me confidence and I'm a confidence player. I'm not playing that much differently - it's just that I'm holing a few putts."

And he reckons help from countrymen Graeme Mc-Dowell, who won the US Open last month, and Rory McIlroy has inspired him during his recent drought.

"I am delighted to see their success," he said.

"It's great for European and Irish golf. Maybe I have been there for them in the past and now they are returning the complement to me. They've been telling me to

keep going and encouraging me. But its what you would expect from those two guys."

John Daly, wearing typically garish trousers, is a stroke further behind the trio in second place after describing his opening eight holes as the best he has ever struck the ball.

Joining Daly on fourunder are Thailand's Thongchai Jaidee, home favourite Stephen Gallacher, Wales' Bradley Dredge, Japan's Ryo Ishikawa and Sweden's Peter Hedblom.

A further eight players including Francesco Molinari, India's JM Singh and England's Mark Horsey - are a further shot behind after carding three-under par 68s.





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Brazil say work to do ahead of 2014 Dutch great Cruyff tips World Cup

JOHANNESBURG (AFP) -Brazil Football Confederation (CBF) head Ricardo Teixeira said on Thursday much preparatory work remained to do ahead of the 2014 World Cup in terms of getting venues and transport infrastructure ready.

With this year's event in South Africa coming to an end with Sunday's final between Spain and Holland the torch is to pass to the Brazilians, who last hosted the tournament in 1950, when they lost the final at home to Uruguay.

It was only eight years later in Sweden that the Selecao won the first of their five titles to date and this year they lost to the Dutch in the quarters.

Teixeira said at a presentation of the 20th edition that various logistical issues had to be resolved in terms of stadium construction or renovation and transport.

He indicated that in the megalopolis of Sao Paulo, there was no stadium which could host matches as world governing body FIFA has not retained on its prospective venues list the legendary Morumbi in the absence of "financial guarantees" over its renova-

"There are various doubts about certain stadia for the moment at Sao Paulo, Curitiba, although work has started in some - such as Bahia," said Teixeira, though he said in general terms the project was

On May 14, FIFA approved seven venue projects at Belo Horizonte, Brasilia, Cuiaba, Curitiba, Manaus, Porto Alegre and Sao Paulo.

Regarding transport he added that "the problem for 2014 is the airport, the airports and the airports. But contracts have been drawn up and this issue is going to be treated as a priority - and we have developed a public transport plan."

Teixeira added that security, as in going into this year's event, would be a key issue.

"But insecurity is a global problem."

He added: "The 2014 World Cup is very important for Brazil - it is returning to the country of football, a sport about which all Brazilians are passionate.

"The first present a child receives is a football."

Former Brazil star Romario, a champion in 1994, is doing his bit for the 2014 organisers and said: "I hope it will be a chance to show you the true face of Brazil. You will see what football means to Brazilians. I am sure the atmosphere will be unprecedented.

"We can expect a great fiesta - and I hope we become world champions."

The draw for the qualifiers will be made on July 30 or 31 2011, Teixeira announced though he added the venue for that had yet to be chosen.

Spain to win World Cup

MADRID (AFP) - Former Holland great Johan Cruyff, who played in the 1974 World Cup final, has tipped Spain to beat the Netherlands on Sun-

Cruyff said he was impressed by the manner of Spain's 1-0 semi-final win over Germany on Wednesday and believes Vicente del Bosque's side will have the edge over his compatriots in the final at Johannesburg's Soccer City.

"Spain is now the great favourite," he wrote in Thursday's edition of the newpaper El Periodico de Catalunya.

"Del Bosque's team has grown in strength and finds itself in the final at the top of its

"Yesterday evening (Wednesday) Germany, which put on a display against Argentina, played football which would have been enough to beat any team but not Spain."

Cruyff, 63, a three-time European Footballer of the Year, started his career as a teenager at Ajax Amsterdam before going on to enjoy huge success with Barcelona, whom he then coached to the 1992 European Cup and four straight league titles between 1991 and 1994.

"Spain, a replica of Barca, is the best publicity for football," Cruyff wrote.

"Who am I supporting? I am Dutch but I support the football that Spain is play-

Germans say thanks but no thanks to 'victory' parade

ERASMIA (AFP) - Germany's World Cup squad will break with recent tradition and not go through with a parade in Berlin because in their minds they have failed to achieve their aim at the finals, captain Philipp Lahm said on Thursday.

The Bayern Munich de-

fender - who has been an inspirational captain in the absence of the injured Michael Ballack said the players appreciated the support they had received back in Germany but felt the 1-0 defeat by Spain in the semi-finals

was not worthy of a parade. The Germans did go through with parades after they finished third as hosts in 2006 and then after they lost 1-0 to nemesis Spain in the Euro 2008 final.

"The goal of this team was better than ending up playing for third place," said Lahm, who was in tears after the Spanish defeat.

"We are conscious of what was going on in Germany during the tournament, we would like to thank our supporters for all their support, but this wouldn't be appropriate, I find, to come to Berlin for what at best would be to celebrate a bronze medal."

The squad and coaching staff are due to leave South Africa prior to the final on Sunday less than 24 hours after they play Uruguya in the third place match in Port Elizabeth.

Quarter-finals

FRI, JUL 2, 2:30 P.M.

GHANA 1 - PK: 2

FRI, JUL 2, 10 A.M.

NETHERLANDS 2 **BRAZIL 1**



Who's saying what at the World Cup:

terms of revenge (for those defeats)." - Dutch coach Bert van

Marwijk insisting he is not motivated by the World Cup final

defeats suffered by the Netherlands in 1974 and 1978.

"We will play for the whole of Holland. I do not think in

TUE, JUL 6, 2:30 P.M.

WED, JUL 7, 2:30 P.M.

NETHERLANDS 3 URUGUAY 2

GERMANY 0 SPAIN 1

NETHERLANDS SPAIN

SAT, JUL 3, 10 A.M.

Quarter-finals

GERMANY 4 ARGENTINA 0

SAT, JUL 3, 2:30 P.M.

SPAIN 1 **PARAGUAY 0**

3rd Place

SAT, JUL 10, 2:30 P.M.

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FIFA World Cup South Africa 2010 England's Webb to referee World Cup final - FIFA

JOHANNESBURG, South Africa (AFP) – England's Howard Webb will referee Sunday's World Cup final between the Netherlands and Spain at Johannesburg's Soccer City, FIFA said on Thursday.

The 39-year-old from Rotherham, has been a FIFA-listed referee since 2005 and the former policeman regularly keeps law and order amongst the top stars of England's Premier League.

Webb is widely-regarded as one of Europe's top referees and took charge of May's Champions League final between Inter Milan and Bayern Munich in Madrid.

At the World Cup, he refereed Spain's 1-0 defeat to Switzerland in a group match and then oversaw Slovakia's stunning 3-2 victory over Italy which confirmed the first round exit of the defending champions.

He was also the focus of film-makers when a Belgian documentary team recorded his movements at Euro 2008 for a film called "The Refer-



Webb

ees"

Webb, the son of a referee, began officiating matches at the age of 18 and made his English Premier League debut in 2003 with match between Fulham and Wolverhampton Wanderers.

In 2005 he presided over

the FA Community Shield game between Arsenal and Chelsea, whilst in November that year he took charge of his first national team encounter, a friendly between Northern Ireland and Portugal in Belfast.

In 2007 he was placed in charge of the League Cup final between Arsenal and Chelsea, refereed his first Champions League tie and took part in the FIFA U-20 World Cup in Canada, presiding over five matches including the semifinal between Austria and the Czech Republic.

At Euro 2008, Webb covered two first-round matches and three matches at the Confederations Cup 2009 in South Africa.

Webb is the fourth English referee in the Final, the first being George Reader in 1950 followed by William Ling four years later and John Taylor in 1974.

Mexico's Benito Archundia will take charge of Saturday's third-place play-off between Germany and Uruguay in Port Elizabeth.